THE RECOVERY KERNEL

Substance-specific navigation series.

HOW TO RECOVER FROM CHEMSEX

* Seek medical help immediately if you dey feel any bad symptoms, like difficulty to breathe or chest pain. Medical help is not failure.

* Find a safe place to stay where you go fit rest and recover.

* Talk to someone you trust about how you dey feel. You no dey alone. Call one person wey you trust — your friend or family.

* Avoid using any more drugs or alcohol while you dey try to recover.

* Eat healthy foods and drink

plenty of water.

* **Get enough sleep.**

* **Do things that make you happy, like listening to music or spending time with friends and family.**

* **Consider joining a support group for people wey don use drugs.**

* **If you get any questions about your health, talk to your doctor.**

[Optional: If you are struggling with addiction, there are resources available to help. You can findahelpline.com.]

Dis activity go help the group feel safe and connect well-well.

Kristal Metamfetamin · GHB / GBL · Mephedron (4-MMC) · Katinons · MDMA · Kokain · Slamming.

⚠ DIS NA RESOURCE FOR HARM REDUCTION – NO BE MEDICAL ADVICE | Crisis: kpol Emergency: Emergency: 112 abi send message to Nigeria Suicide Prevention: 08062106493.

DIS GUIDE dey tok about di special biology wey affect people wey dey use multiple drugs at same time.

Every substance wey dey involved for dis "chemsex" tin need im own way of recovery, and dem must go on at di same time. Dis guide go help coordinate all of dem.

One note bifor you start.

Dis na di mos complex guide for Recovery Kernel's Substance-Specific Navigation Series. E complex no be say any substance wey dey inside chemsex pattern more complicated pass oda ones individually — di meth guide, di GHB guide, and di cocaine guide don talk about each one well-well. But chemsex present one recovery challenge wey different completely from addiction to only one substance.

Chemsex no be three addictions. Na one addiction wey dey show for three different ways, all working at di same time. Dis happen inside one specific situation (sexual experience), and among people wey dey belong to one group (mostly gay men, bisexual men, and men wey dey get s*x with men). Di problem no just affect brain; e also cause HIV transmission, sexually transmitted infections, and one kind of sexual behavior wey di drugs help make possible.

Dis book talk about di tins wey dey cause chemsex: Crystal Meth, GHB/GBL, Mephedrone. E say dem dey like "a Denial of Service (DoS) attack" on di user's brain. E don tok about wetin make some people vulnerable to dis kain tin. And e get special instructions – Protocol 35S and all di small protocols wey dey inside am – specifically for pipul wey dey use dis kain drugs.

Dis guide dey combine di different ways we fit recover from drug use wey dey for other parts of dis book, wit extra tins wey important for people wey dey recover from chemsex: how to take care of your health when you dey do sex, wetin to do about HIV and STIs, how to avoid problems wey fit come from mixing sex and drugs, how to enjoy sex without drugs, and how to find a new community wey no involve chemsex, so dat you still fit express yourself sexually and belong to something.

Recovery from chemsex no be di same as recovery from tiri different drugs. Na di recovery of your total being—sexual life, social life, physical health, and relationships—from one pattern wey don affect all four things at di same time.

Okay, I understand. I will read Section 0 first and then follow all the other instructions. Just provide the text you want me to translate.

Section 0 — Urgent Safeti: Read Dis Firs'.

Medical Emerjensi bi substance wey dem use.

⚠ DIS CHEMSEX MIXTURE DEY MORE DANGEROUS dan any single drug. GHB + METH dey cause big problem to your heart and how you breathe. GHB + ALCOHOL na 'HARD FAIL' wey fit kil person. No ever mix GHB wit alcohol or other drugs wey go slow down your system.

Emergency type	Signs and symptoms.	You no dey alone. Call one person wey you trust — your friend or family.
GHB overdose na di mos common serious problem wey fit happun.	No dey respond to sound or pained. Breathing dey slow or don stop. Lips or fingers dey turn blue. Dey vomit when dem no dey awake. Don get seizure.	Call Emergency: Emergency: 112 immediately. No medicine dey wey fit reverse am. Make person roll di body go side. Stay dia till medical people arrive. No leave person alone. Naloxone no dey work for GHB.
Meth kadiak event.	Pains for chest, heart wey dey beat anyhow, difficulty for breathing, big headache wey come quick-quick, pains for lef hand, pains for jaw, face wey drop, weakness for hand.	Call Emergency: Emergency: 112 immediately. Lie down. No try to do anyting. Dis na heart attack or stroke. Every minute wey pass without medical help go make di damage worse.
Meth psychosis.	Believe things wey no be true (paranoid delusions), see or hear things wey no dey dia (hallucinations), restlessness or violence, inability to understand wetin dey happen.	If dey any danger to di pesin or oda people, call Emergency: Emergency: 112. Go to a place wey quiet and no get too much tins wey go distract person. Talk with calm voice. No argue wit wetin di pesin dey talk (delusions). Medical check-up na important — psychosis fit last for days or weeks afta di last time wey dem use meth.
Mephedrone/ cathinone overdose.	Pains for chest, high blood pressure, high body temperature, seizure, serious restlessness, madness.	Call Emergency: Emergency: 112. Make sure di pesin dey cool (remova extra cloth, make sure di place wey dem dey no hot). Try no hold di pesin tight, if you fit. Dem need check di pesin for hospital — na so dem don see piple get problem with dia heart because of dis kain drug.
Slamming	Absess wey dey show for where	Call Emergency: Emergency: 112

(injection wey dey involve IV) - Emergency.	dem inject di medicine, or serious rednes. Fever wit shivering. Pain for chest plus fever (e fit be endocarditis). Diffikulti to breathe.	if you get fever plus shiver, or chest pain plus fever. Dis fit dey sign of septicaemia or endocarditis – serious things wey fit kill, and dem need give you medicine through vein. No just dey look for wetin go happen with dis symptoms.
Seksual asault wey dey happen when people dey use drugs (chemsex).	Chemsex situations often dey involve drug-induced sexual assault – di drugs wey people agree to use, dem go use am to make person do things wey e no agree to.	You get di right to receive medical care, PEP (if e don pass 72 hours), and support, no matter wetin happen. RAINN National Sexual Assault Hotline: 1-800-656-4673. Di emergency department go provide forensic examination and PEP if you want am.

HIV and STI Emergency Response.

THE CENTURION – Di 72 Awrs Wey Fit Save Lifes.

Dis compendium dey talk about Protocol 42, wey define PEP as 'Emergency Rollback' – di System Restore Point wey person must start within 72 hours afta possible HIV exposure. If you don get sex without condom for chemsex and dia be any chance say you fit catch HIV, no wait to find out. Start PEP now.

Interbension.	Wat am do.	Time wey you fit use am, and how to get am.
PEP (Post-Exposure Prophylaxis).	Dis na 28-dey kurs of medicine wey dey prevent HIV from settling inside body afta person don expose. How well e work go reduce as time pass, and e stop working completely afta 72 ours.	Muss start witin 72 awas – di faster, di betta. E dey available for any emerjensi depatment, seksual helf klinik, or HIV spesialis. As dem dis question clearly: "I need PEP for posible HIV exposha."
PrEP (pre-exposure prophylaxis).	Daily medicine (Truvada/Descovy) or long-acting injection (Apretude) wey dey reduce di risk of HIV transmission by more dan 99%, if you take am well. Di book call am 'di Pre-Execution Firewall'.	Before di nex time wey una go dey use drug for sex (chemsex), make una take dis: Una fit get am for GPs, sexual health clinics, an HIV services. If you no don dey take PrEP, but you dey do chemsex, start to take PrEP today, before di nex session.
STI testin and treatment.	Gonorrhea, chlamydia, syphilis, herpes, HPV, hepatitis A and B na all di diseases wey dey spread for chemsex. Many of	Every three monf na minimum time wey person wey dey do chemsex go fit test. Make una test everytime wey una dey go

	dem no show any sign. Regular test na only way to know if you get am.	check your health, even if una no get any sintom. If find anything, treat am quick-quick — because STI dey make di risk say HIV go spread pass.
U=U (Undetectable = Untransmittable).	Person wey don test positive for HIV, but dia virus level dey low (less dan 200 copies per milliliter), no fit transmitt HIV through sexual contact. Dis na one thing wey sure, e no be just way to reduce risk — na biological fact wey PARTNER and PARTNER2 studies don prove.	If you or your partner get HIV, di only important tins na if una dey take medicine well-well, and if di virus don low down. If di virus don low down completely, e no fit spread through s*x.

Naloxone - Dey carry am when you dey do GHB sessions.

Naloxone (Narcan) no fit reverse GHB overdose. But, if opioids dey also for di body, especially for places wey people dey use drugs (chemsex), naloxone fit save life. Carry am with you anyhow. For chemsex environment, many substances dey often present, including substances wey person may no know say dem don take.

Availabel for buy for mos' US pharmacies, no need prescription. Never Use Alone hot line: 1-800-484-3731.

Section 1 — Wetin Chemsex Do To Yɔr Brain, Body, and Sexuality.

THE CENTURION – Di Trinity no be three drugs. Na one architecture e dey.

Chemsex trinity – crystal methamphetamine, GHB/GBL, and mephedrone (wit cathinones, MDMA, cocaine, and oda tins as variations dependin on di situation) – no choose randomly. Every substance get specific function for chemsex, and di combination dey intentional even at neurobiological level, even if person no plan am consciously:

Di Fankshonal Arkitektura of di Trinity.

Substance.	Main biological function wey dey cause chemsex.	Wat e dey enable sexually.	How much e dey cost?
Kristal metamphetamin.	Big dopamine and norepinephrine dey komot: dis fit give strong motivation, energy, alertness, and make person get too much sexual desire. Na im be di "engine". E go als reduce wetin dey hold person back and make senses work better.	Hours to days of kontinyu seksual aktiviti. Seksual desire wey strong pass, e dey overpowa tiredness, fear, and discomfort. Feeling of confidence and say you be desirable person. You no dey shy to do seksual tins wey you tink say you no fit do when you sober.	Dopamin system don spoil (D2 don reduce). Lack of sleep. Damage to brain cells if you take too much for a long time. Madness. Na im be di longest time wey e go take for body to recover — 12-24 months before dopamin system dey complete well again.
GHB / GBL	GABA-B agonist: e go reduce inhibitions, bring joy, make body relax, and increase senses. Na im dey balance di anxiety wey meth cause. GHB fit soften di effect of meth, and e go reduce di fear and jaw-clenching wey high dose of meth dey cause.	Remuval of body and mind inhibitions. Reduce di anxiety wey meth dey cause. Relaxation of muscles wey go make person fit do sexual tins. Feeling of warmness, openness, and ready to show emotions. Na dis one be di "social lubricant" for di three things.	Di mos deadly withdrawal wey dey for dis tin na: e fit kause seizures and madness quick-quick, even few hours afta you miss di dose if you don been dey take am regularly. GBL fit damage your bladder if you use am anyhow. Na im go make you body depend on am pass all oda tins.

Mephedrone / kathinons.	Triple reuptake inhibisyon (dopamin, serotinin, noradrenalin), e don dey like kokain, but e get stronga "empathogenic" effect pass kokain, and di time wey e last short. Na im be di social-emotional amplifier. Di "glue".	Intense emoshonal and fizikol closeness. Di feelin wey touch dey give, wey make am feel special, e go help maintain di closeness. Warm relationship and open feelings. People fit feel say dem connect well-well with dia partner, something wey normal life no dey always provide for some pipul.	Cardiovascular risk (heart rhythm problem if you take too much). E fit damage brain. Go disrupt serotonin, just like MDMA. Body go quick get used to am. Person go dey want take again and again because e no last long. Big wahala go follow, including sadness and worry.
MDMA (common addiction).	Serotonin wey dey rush: oxytocin don release, emotional connection strong, empathy dey work well, touch dey feel better, happiness dey. Dem often add am to di otas because e get special power to connect people emotionally.	Di deepest level of emoshonal konnection and akseptans. Di feelin of bein truely see and want. Redushon of seksual shame. Di "luv drug" for di kontext of seksual-emoshonal experience wey ordinary mind no dey produce easily.	Serotonin fit cause damage to nerves if you dey use am often. MDMA "comedown" (wey dem call 'Tuesday blues') na because serotonin don finish — e go cause depression, anxiety, and person no wan relate wit people again. To recover, you need fix di serotonin system plus work on di dopamine. Di time wey person dey feel pass emotional stress na immediately afta use.

Wat di chemsex pattern dey organize around na:

* [LIST]
  * Di desire to explore sexuality and pleasure.
  * Di need for connection and belonging.
  * Di search for escape from stress or trauma.
  * Di influence of peer pressure and social norms.
  * Di availability of drugs and online communities.

THE CENTURION – Di tins wey dem use no be di main thing. Na di experience matter.

Understanding how to recover from chemsex na to understand wetin di experience dey provide – no be just di individual drugs, but all di things dem dey do together. Di compendium call di different substances 'di Chemsex Daemon' wey 'dey disable

di user's natural way of detecting danger.' But dis explanation, even though e correct for harm reduction, only explain how e work, but e no show how strong wetin people dey search for.

Wat chemsex dey provide – true-true, and no dey judge why people need am:

* [Empty line]
* Pleasure and enjoyment.
* A way to connect with others.
* Confidence and relaxation.
* Exploration of sexuality.
* Relief from stress or anxiety.

- Sexual disinhibition: For many people wey sexuality dey cause dem shame, internalized homophobia, or di heavy history of belonging to community wey dey criminalize, stigmatize, and destroy by AIDS within living memory — di chemical removal of inhibition no be for fun. Na liberation e be. Di freedom from shame wey dis substances give dem na real thing, and e dey open door to a sexual identity wey dem feel say impossible without am.
- Radikal aksepte and beloning: di chemsex scene, when e dey good, go provide komotini wey dey aksep everyting. Na places wey dem celebrate queer seksuality for all forma, no just tolerate am. Di beloning na true-true. Di konnection na true-true. Di drugs fit amplify am, but wetin dey be amplified na real tins.
- Mephedrone fit make you feel touch well-well, and MDMA fit make you feel say you connect wit person. Dis two tins dey create strong feelings of closeness, both physically and emotionally, wey normal life no dey give often. For people wey don experience serious loneliness, bad experiences for relationships, or find am hard to open up, di level of connection wey chemsex dey offer fit seem like di only way to get real human contact.
- Endurance and performance: Crystal meth get strong energy wey fit make person dey active, and meth go reduce tiredness. Dis one fit make person do s*x for hours or days, something wey no possible if dem no take di drug. For people wey feel say dem no sabi do well for bed without di drug, dis kain improvement become something wey dem need, instead of just something wey dey good to get.
- K-hole and dissociation (wit ketamine): When ketamine dey use, di dissociative effect go open door to different levels of awareness. People dey seek dis kind state because of how e feel, especially when dem dey combine am wit sexual activity.

No matter wetin happen, all dis tins no go vanish when di drugs don finish. Di recovery process need to tackle every single one of dem—not by say dey no real, but by find true ways wey no involve drugs to get di same feelings.

Di Realiti of Polydrug Withdrawel.

THE CENTURION – Tiri withdrawals dey happen at di same time – wit different levels of medical urgency.

⚠ DI MOST SERIOUS PROBLEM wey dey for chemsex withdrawal na GHB/GBL. If you dey take GHB/GBL regular — many times for one day — no stop suddenly. Find medical help before you reduce di dosage. Meth withdrawal and mephedrone withdrawal, even though dem hard, no dey dangerous like dat medically.

Substance.	Medical urgensi wey dey happen when person dey withdraw.	Peak difficulty timeline.	Pimari signs wey show say pesin dey withdraw.
GHB / GBL	Seizure and psychosis fit dey riski. No stop di medicine sudden, especially if you don dey take am more dan three times for one day. You need doctor to watch over you.	Hours 2-72 afta di las' dose - dis na when di risk dey high pass.	Seizures, delirium, hallucinations, serious problem with body functions, strong fear, sweating, fast heartbeat. Need medicine like baclofen or benzodiazepine. See di GHB guide for details.
Kristal metamphetamin.	HIGH — E get strong psychological effect, but no dey cause immediate medical problem.	Days 1-14 na for di akute fase; weeks to monts na for anhedonia.	Sertain symptoms like extreme tiredness and too much sleep (wetin dey called "crash"), serious sadness, loss of joy, strong cravings, and worry fit show. Di "crash" wey person go experience afta using meth for many days during chemsex na one of di worst withdrawal symptoms wey dey happen with stimulant drugs.
Mephedrone / kathinons.	MODERATE — No dey cause serious problem quick-quick, but e fit cause strong mental pain.	Days 1-5 na im dey be di highest point; weeks go take before your mood fit normalize.	Depreshon, anxiety, tire, lack of joy, problem with thinking, strong desire for someting, quick mood changes. Di level wey serotonin don reduce dey high – di depreeshon fit serious and need to dey monitored.
MDMA (if dey	Serotonin wey don	Days 3-7 na im dey	Sirius "down" depression

take am regular).	finish fit kause soun serious depresion afta use am.	be di highest point; e fit take weeks or monf before serotonin recover.	(like di "Tuesday blues" wey dey happen afta taking MDMA), anxiety, lack of feelings, avoid people, problem with thinking well. Di more times person take MDMA, di worse di problem go be because e don drain serotonin from body.

Di klinikal aproach na: fɔks on GHB witdrawal fist—dis na di medical emerjensi. Meth crash and mephedrone witdrawel go happen at di same time, but dem no dey immediate life-threatening. Dem management dey run paralel afta GHB medical priority don settle.

Section 2 — Your Genomic Blueprint.

Dis compendium don mention two specific pharmacogenomic problems wey dey important for chemsex: COMT Val/Val (Warrior — dis one cause high risk behavior because of lack of dopamine) and MTHFR variants (dis one reduce di strength of di lining inside body and make neurotransmitter production slow). Di full genomic test for people wey dey recover from chemsex use information from di different guides about drugs, but e get special things wey concern chemsex:

Gene	Variant.	I no sabi wetin you dey tok about.	Recovery implications.
COMT	Val/Val (rs4680) — Warrior constitution.	Di primari genetik faktor wey dey drive chemsex na dis one. If your body process COMT fast, e go mean say you get low level of dopamine for your system. Dis fit make person look for strong stimulation, including new sexual experiences and taking risks. Person wey dey seek strong feelings dey do so because strong feelings na im dey give enough dopamine signal.	Di recovery plan dey need to get strong things wey go push you – like competition, hard work, creativity, and taking risks wey matter. If person leave di "chemsex" life but no build up dis kind of strong things for dem life, dem go fall back again, not because dem do bad thing, but because na how brain dey work.
MTHFR	C677T (rs1801133) and A1298C (rs1801131).	Dis book dey mention say MTHFR variants fit increase di risk of HIV transmission because e go affect di strength of di tissues wey dey protect di body—di "physical tissue barrier". E also go affect how brain produce some chemicals, which na wetin dey cause di anxiety and shame wey people dey try to manage with chemsex.	5-MTHF supplement go solve di problem wey dey affect lining of body tissues, and e go correct di lack of neurotransmitter production at di same time. Dis one no dey optional for people wey get MTHFR gene problem and dey try to recover from chemsex — e go help reduce di risk of getting HIV, and e go also address wetin dey make person do chemsex.

GABRA2	rs279858 / rs279845 high-risk haplotype.	Dis dey determine how serious di GHB addiction be, and how much risk dey for withdrawals. People wey get GABRA2 gene don show say dem get low level of GABA inhibition from the start – so, GHB go give dem plenty relief, and dem go feel am pass other people.	GABRA2 wey dey high risk: e mean say di process of stopping GHB go slow, PAWS go serious pass, and time wey person go fit recover normal GABA level go long. E also determine how much risk of seizure person get when dem stop GHB — dis information very important for medical team.
DRD2 / ANKK1	Taq1A A1 allele (rs1800497) – Reward Deficiency Syndrome.	Wen di numba of DRD2 receptors don reduce, e mean say di amount of dopamin wey dey work for brain no dey enough. Dis one go make person get strong desire to find anything wey fit give am better feeling. Chemsex, wey involve use of many drugs, go release plenty dopamin into di body, and dis one fit help reduce dat problem betta pass any oda ting.	Person wey get DRD2 A1 allele no fit expect say dey go enjoy sober life unless dem create plenty strong things wey go give am joy. One single thing no go suffise. Addiction na something wey dey work with many different parts, so e must be like dat.
DAT1 / SLC6A3	10-repeat VNTR allele (rs28363170)	High level of dopamine transporter (DAT) dey mean say dopamine go return back quick, so e no dey available well-well. Dis one fit make di body react strong pass to drugs like methamphetamine wey block DAT. Also, dis don link with ADHD; some people wit ADHD use methamphetamine to try kpa dem	ADHD evaluation dey very important for people wey dey recover from chemsex. Maybe di person don dey use meth to try treat real ADHD. Non-stimulant medication for ADHD go address di problem wey cause am, and e go also remove one of di reasons why person fit take meth.

		problem, and dis na one way wey dey lead to drug abuse.	
SLC6A4 / 5-HTTLPR	Short/short allele — reduce serotonin transporter expresson.	High anxiety sensitivity fit kaze risk say person go do sexual tins wey dey cause shame. Dem too fit react well to mephedrone and MDMA because of how dem block SERT (dis one give feeling of warmth and acceptance). Maybe, di person wey get dis kind personality don find say di way mephedrone and MDMA affect serotonin na im dey make chemsex sweet pass.	Serotonin rekonstrukshon dey important just like dopamine recovery for people wey get di "short/short" gene (SLC6A4). Di fear and shame wey dey before chemsex na because of how body work, no because of bad morals, so e need biological treatment plus therapy.
CYP2B6	*6/*6 poor metabolizer (rs3745274)	GHB metabolism: People wey body no dey break down drug well (CYP2B6 metabolizers) go get more GHB and norketamine for dia blood. Dis one dey inside di 'Dissociative Logjam Risk' section. For people wey dey use drugs for sex, if your body no dey break down drug well, you fit develop addiction to GHB quick-quick, and even with small dose.	Important information for di medical team wey dey manage people wey dey withdraw from GHB or dey reduce dose gradually: People wey body no dey break down drugs well (CYP2B6 poor metabolizers) need lower baclofen doses and more careful monitoring because di drug fit accumulate inside dem.
FAAH	C385A (rs324420) — reduce FAAH activity.	Di endocannabinoid metabolisom gene dey important if cannabis don enta di tins wey dem dey use for seks (chemsex), which common, especially to reduce di stress wey komot from	FAAH A/A carriers get high level of anandamide naturally – dem don get di kain ability to feel joy and bond with people wey chemsex dey give, but natually. Exercise and social connection fit activate dis system. Di natural way to recover from dis kind tin na through endocannabinoid

		using otas. E also affect how anandamide, di molecule wey help people bond and feel happy, dey available.	system.

Section 3 — Di Detox Protocol — Arrange for di situation wey people dey use many drugs at same time.

THE CENTURION — Tiri Recovery Track, Wan Pikin, Wan Organized Plan.

Chemsex recovery no fit dey manage wit only one way. Di tori na say di tin wey people dey use need different ways to recover, and e go take time. Each of dem get dia own plan, medical needs, and how to add other things to help. Dis plans no replace each oda; dem dey run at same time, and dey work togetha.

GHB fɔrst (medikal emerjensi), den set up di medikal tins and supplements wey dey important fɔr all tiri, afta dat, gradually build how people go change dia behavior and how dem fit relate to each oda betta.

Track 1: GHB/GBL - Di Medical Ting Wey Important Pass.

If you dey take GHB/GBL three times or more every day, dis na di urgent ting wey need medical attention. No try manage GHB withdrawal by yourself. All di tins wey dey for GHB protocol for di GHB guide for dis series apply. Important things:

- Baclofen dosage reduction, with doctor's supervision – dis na di best way to treat GABA-B withdrawal.
- If baklofen no dey available, use benzodiazepin wey strong pass, but only under di watch of doctor.
- GABRA2 genotype don tell us how to reduce dosage – if you get gene wey dey cause problem, e mean say you need make di reduction slow slow.
- Supplement regime don start for Day 1: magnesium glycinate (400–600mg, divide am), P5P (25–50mg), 5-MTHF (400mcg), L-theanine (200–400mg, use as need be).
- Selank (wey dey put inside nose) fit help manage anxiety when you dey reduce dosage – e no addictive, and e direct affect GABA-B recovery.
- Epitalon fit help normalise di way you dey sleep, especially when you dey take am at night to recover.

Track 2: Krystal Metamfetamin - Wetin Dey Happen to Dopamin.

Meth treatment dey start at di same time as di GHB medical management. No get any serious medical problem wey come from stopping meth alone, but di "crash" wey person go experience afta many days of using drugs for sex na one of di worst psychological states for addiction medicine. Prepare for am.

- Allow di kras: Protocol 01 (Shelta), sleep, drink water well, chop food wey get plenty protein when your apetite kam bak.
- Tyrosine (500-1000mg, for di morning, no take wit protein): na wetin dey help make dopamine. Start use am for Day 3-5 if you don dey chop food well.
- NAC (600mg two times every day, wit food): e dey help regulate glutamate, and e fit reduce cravings.
- Uridine + DHA + CDP-Choline (Brain Stack): E don increase di numba wey D2 receptors dey, and e don help to fix di dopamine system.
- Di exercise dey start as soun as e fit be. BDNF na di signal wey dey fix di damage wey meth cause to di dopamine axons.
- Semax (wey dey spray inside nose): E go increase di amount of BDNF, and e go help di brain for front part recover. Di confusion wey person fit feel afta use meth for sex don dey disappear when dem use dis one.
- BPC-157: e dey fight against di bad effects wey stimulan drugs fit cause on di dopamin system, according to research.

Track 3: Mephedrone and Cathinones — Di Serotonin Reconstruction.

Mephedrone and cathinone wey dey help person recover na almost di same way cocaine dey work (tripple reuptake inhibition), but e get more effect on serotonin, just like MDMA. Di part wey concern serotonin very important for people wey dey try to stop chemsex because na di plenty serotonin from mephedrone give dem dat feeling of closeness and love wey make dem feel say dem connect well-well with other person.

- 5-HTP (50–100mg, for night time): na one ting wey help produce serotonin – e dey very important for people wey don stop using mephedrone and dey feel empty inside and no wan socialize.
- 5-MTHF (400–1000 mcg, mornin): dis dey important to help body work well; e no negotiable for people wey get MTHFR problem.
- Inositol (4-12g, divide am wit your food): e go help regulate how well serotonin dey work; e dey very important for people wey dey recover from mephedrone, especially if dem dey feel anxious or get strong cravings.
- Omega-3 wey get plenty EPA (2-4 gram dey day): e fit help with mood and reduce inflammation for brain.
- If dem dey use MDMA regular, di serotonin wey don gòt fit go down pass. Make you wait at list 6-8 wik before you see say your mood don betta again. 5-HTP and rest na di important tins wey go help.

Di combined timeline for stop chemsex.

Timeline.	GHB / GBL track.	Meth track.	Mephedrone track
Hours 0–72.	MEDICAL EMERGENCY: Baklofen or benzo protocol. Dem dey monitor am. Take precautions for seizure. Dis na only tin wey matter for dis time — every oda tins fit wait.	Fall dey. Dey sleep. Oversleeping. No try to resist am. Body dey ask for rest. Drink water. Chop wetin you fit chop.	Fall down and feel sad. Okay. Rest na di solution.
Days 3–7	Big danger dey if no get medical attention. GABA system still dey very low. Use magnesium, L-theanine, Selank for anxiety. No reduce dosage of benzodiazepine suddenly.	Sef dey feel deep depression and no joy again. Dis na hard time for person wey dey use methamphetamine. Follow protocol 01. Contact people wey go support you. Start take tyrosine and NAC, but only if you dey chop food.	High level of depression and anxiety. Dem don start to take 5-HTP. Na im dey help body produce serotonin. Di feeling say you no dey happy na because your body dey rebuild itself.
Wiks 1-4.	GHB dey reduce gradually, and doctor dey watch am. We dey add some supplements. Selank dey take everyday for anxiety. Sleep don dey beta small-small wit Epitalon. GABA receptor dey work well now.	Anhedonia dey strong. Di exercise don start – e compulsory, no be optional. NAC and Brain Stack dey run. Craving for di combination of meth and sex na im dey strong pass.	Mood dey improve gradually. Di feeling of wanting to stay away from people fit seem strong, because di connection wey serotonin dey give no dey again. Try 5-HTP and inositol. Start socializing small-small.
Months 1–3	GHB dey gradually reduce, or don almost finish. GABA system don recover well-well. PAWS (post-acute withdrawal symptoms) wey be like anxiety go fit stop with 4-7-8 breathing exercise and Selank.	DRD2 dey increase, and we fit see am clearly. People dey feel joy again. Dem dey think clear pass before. Seksual desire don return – but e fit confuse person if dem no sabi say na because of di medicine.	Serotonin system dey rebuild. E don start to dey easy for person interact with people again. Di kind warm feeling wey mephedrone give, e dey come back small-small, but only sometimes, when person dey connect wit other people for real.
Months 3-12.	GHB treatment don almost finish, and di dosage dey reduce gradually like as e	Dopamin system don return to normal level, or nearly so. Person dey feel natural sexual desire	Serotonin level don return normal. Di kain confidence wey person get for

	supposed to be. Di body natural GABA level dey recover again through deep breathing exercises and regular exercise. Di withdrawal symptoms (PAWS) wey dey come and go dey become less strong.	again. Di "flatline" wey you see below na im dey go away now. Di strong urge for sex wey dey come from using methamphetamine (meth) dey reduce.	socialize, e dey come back again, even without di drug. Di kind closeness wey mephedrone give, na dat same thing person fit find for real relationship.

Section 4 — Biological Reconstruction — Di Unified Stack

Dis supplement dey help people wey don use drugs like GHB, meth, an cocaine/mephedrone to recover. E combine di different ways we fit treat each drug with extra tins wey dey important for chemsex recovery. Di aim na: make GABA-B work well again (GHB track), make dopamine produce and D2 receptors increase (meth track), an make serotonin level balance (mephedrone/MDMA track) – while also fix di problem of methylation wey affect all three.

4.1 — Di Methylation Foundation — Important for all parts.

Supplement.	Dose.	Timing.	Why am important for chemsex recovery: * Chemsex fit cause serious health problems, like HIV and other infections. * Na im dey affect mental health, make pesin feel depression or anxiety. * Chemsex go put strain on relationships with family and friends. * Recovery na process wey require support and understanding. * Getting help early go improve chances of successful recovery. * Medical help is not failure. * You no dey alone. Call one person wey you trust — your friend or family.
5-MTHF (L-methylfolate)	400-1000 mcg dey take everyday.	Mornin' wit food.	Dis book talk say MTHFR variants fit increase di risk of HIV transmission because dem dey affect di tissues wey protect us. 5-MTHF go help with dis – e go support di health of di tissues, especially for cells – and at di same time, e go give di body materials wey e need to make neurotransmitters, which na important for all three stages of recovery. For people wey dey try to recover from chemsex, dis supplement na di most

			important one because e go help with both di risk of getting HIV and di brain chemicals wey dey cause di problem.
Methylcobalamin (B12).	1000-2000 mcg sublingual.	Good morning.	E don work well wit 5-MTHF. Di way wey chemsex dey drain di body (dopamine, serotonin, GABA all at same time) put plenty pressure on di pathways wey need B12 to work. Dis one na sublingual form, so e go enter your body quick-quick. E help maintain di myelin, and dat important for damage wey meth fit cause to your brain.
P5P (aktive B6).	25–50mg	Good morning.	Cofaktor wey dey help wit GABA sintesis (GHB track), dopamin sintesis (meth track), and serotonin sintesis (mephedrone track) at di same time. Enzymes wey need P5P don work pass their limit for people wey dey recover from chemsex. Dis one no fit change, e must happen for all three tracks.
Magnesium glycinate.	400-600mg wey dey inside.	Mornin' and evenin'.	Di topest suplement wey important, wey fit work for two tracks at di same time: GABA-B system support (GHB track) and NMDA modulation / anxiety reduction (meth withdrawal track). E also dey help with how your heart dey function – dis important because mephedrone and meth go put pressure on your heart. Start use am from Day 1.

4.2 — Di Integrated Neurotransmitter Stack.

Supplement	Dose.	Timing.	Primary track.	Okay, I understand. Just give me the text you want translated into Nigerian Pidgin. I will follow all your instructions

				carefully.
L-Tyrosine.	500-2000mg	Morning time, no dey focus on protein.	Meth / dopamin.	Start Day 3-5, make sure you dey eat regular food. Dis na dopamine precursor – e go solve di main problem wey dey cause by using methamphetamine. Avoid protein so dat body fit absorb am well.
NAC	600-1200mg, two times every day.	Mornin' and evenin', wit food.	All tracks.	Glutamate balance dey important for all di different ways we fit do dis. Start from Day 1. We don see say e go help reduce cravings, no matter wetin person dey take. E also good for di liver.
Uridin + DHA + CDP-Kolin (Brain Stack).	250mg UMP + 1g DHA + 250mg CDP-choline	Good morning to all.	Meth / dopamin.	D1/D2 risipta upreguleyshan—dis na how di dopamin sistem wey don spoil because of meth go fit recover. Dis one dey take time—e fit take weeks or monf, but na im be di best way wey scientists don prove say e fit help di risipta to recover.
5-HTP	50-100mg	Evenin', 30 mins bifor you sleep.	Mephedrone / MDMA / serotonin	Serotonin precursor – e don solve di problem of low serotonin wey dey happen when you take mephedrone, MDMA, or wen your body dey generally lack am. Dis one very important for make your mood betta again and help you sleep well. Na from dis place you go start feel comfortable with people again.

L-Theanine	200-400mg	As needed, 2-3 times every day.	GHB / anxiety.	GABAergic and NMDA-modulating medicine wey dey reduce anxiety. E no cause addiction. Very important for di serious anxiety wey people fit experience when dem dey use GHB. Na im be di main way to support GABA without using drugs, especially for di early stage.
Taurin.	1-2g dey everyday.	Wit meals.	GHB / GABA	GABA risipta sapor; neuroprotekshon; hepatoprotektive - dis dey important for pipul wey dey use GBL, because di liver go process di tins wey turn to am. Start am afta GHB don start to komot from your body, no be when you still dey receive medical treatment.
Inositol.	4-12g (titrate).	Divide food wey dey.	Mephedrone / serotonin	Serotonin risipta sensitiviti; reduksion of anxiety; evidens wey show say cravings fit be like obsession. Dis dey very important, especially for di kind of strong craving wey people dey get for drugs and seks when dem dey try to recover.
Omega-3 EPA + DHA	2-4g dey everyday.	Wit food, good morning.	All tracks.	Anti-neuroinflammation; e don help with BDNF; dey improve mood (EPA plenty pass); e dey support di cells wey carry receptors so dem fit recover well (DHA). E dey tackle di problem wey come

				from all three tins at di same time.
Lion's Mane mushroom.	500-1000mg	Good morning.	Meth / kognitiv.	NGF plus BDNF stimulation. Dis dey address how meth directly suppress molecule wey important for brain development. Cognitive repair – di "fog" wey dey after using meth and engaging in sexual activities na one of di strong things wey affect people's thinking when dem dey addicted.

4.3 — Di Peptide Layer

Peptide.	Mekanisim wey dey affect pipul wey dey do chemsex.	Primary track.	Okay, I understand. Just give me the text you want translated into Nigerian Pidgin. I will follow all your instructions carefully.
BPC-157	Dopamin na serotonin normalizasyon; GABA-B modulasyon; gut-brain repair; anti-inflammatory; tissue healing.	All tracks - polydrug.	Dis peptide dey versatile pass all oda for chemsex recovery. E address dopamine (wey meth affect), serotonin (wey mephedrone affect), GABA-B (wey GHB affect), and e go repair gut (all dis tins don damage di gut microbiome). Start use am from Day 1 of di "after detox" phase. You fit take am by mouth or inject am under skin.
Selank	Anxiyolitic wey dey work through GABA and serotonin; e reduce anxieti without makin person depend on am; dis one very important for people wey dey withdraw from GHB, because e go help with di	GHB + mephedrone tracks.	Di mos important peptide wey dey help with anxiety – e dey address di anxiety wey komot from GABA withdrawal (like GHB) and di one wey komot from serotonin (like mephedrone/MDMA). E no dey cause addiction. You fit put am for nose. Use am everyday during di time wey

	anxieti. E also good for people wey take mephedrone, because e fit correct di problem of low serotonin.		you dey recover well-well.
Semax	BDNF and NGF wey dey increase; brain function repair; dopamine control; prefrontal cortex recovery.	Meth track - kognitiv.	Di mental problem wey dey happen from long time use of drugs like methamphetamine for sex na serious tin. Semax go help fix di brain cells wey dem don damage, and e go support di part of your brain wey make you take good decisions when you dey try to change your life. Na you go put am inside your nose. Start Week 1.
Epitalon	Slep architektur; pinal patway; sikadian normalizasyon.	GHB track - sleep.	Di way dem dey take use GHB for night fit spoil di body clock. Epitalon go help di pineal gland work well, and when you gradually stop using GHB, e go remove di outside tin wey dey make you sleep. Dis one dey take about 4-6 weeks.

Sekshen 5 — Seksual Helth and Recovery.

THE CENTURION – Di tin wey standard recovery no dey address, and wetin chemsex recovery no fit solve.

Every oda guayde for dis series get small section wey dey talk about sexual health, but di guayde on chemsex no fit do dat. Di way people dey use drugs na because of sex, and dat na wetin bring all di different drugs togetha. If you wan recover from chemsex, you need to deal wit am well-well – for your body, your mind, and how you relate wit oda people. You must talk about di sexual aspect.

Dis part dey take information direct from Protocol 35S wey dey inside di big book (di specialist protocols for dis kind people), and also from di seksual recovery materials wey dey inside Volume V of di same book.

5.1 — Di Komot Kompleet Medical Check-up For Sexual Health.

THE CENTURION — Di Test Wey Must Do Quick-Quick.

Bifor anytin for di seksual recovery work: na medical check-up dey important pass. Dis tests no be optional, and dem need to don do am for di first week of your recovery, no matter how you feel.

- HIV test: Dem dey use fourth generation antigen/antibody test. If you tink say you don expose to HIV recently, start PEP if na within 72 hours. If di result show say you get HIV: contact person wey sabi handle HIV matter immediately. Treatment dey, e work well, and e go make you live full life and get good sexual health. U=U na true tory.
- STI test:
  * Gonorrhoea (test urine, rectum, or throat swab).
  * Chlamydia (same sites as gonorrhoea).
  * Syphilis (blood test).
  * Herpes (blood test if you never do am before).
  * Hepatitis C (if you don use drug wey dey enter vein).
  * Hepatitis B (blood test and check if you don take vaccine).
- Hepatitis B vaksinhen, if you no get immunity: di tree dose wey dem give you go protect you for life.
- HPV vaksin, if you qualify (up till age 45 for many guidelines): e don reduce di risk of kanser wey dey caused by HPV well well.
- Mpox vaksinasyon, if you no get immunity and dey for area wey mpox dey spread: use two doses of Jynneos vaksin. Mpox dey spread through di same sexual connections where people dey do "chemsex".
- CBC for levamisole agranulocytosis, especially if cocaine dey involved.

- Comprehensive metabolic panel: check how your kidney and liver dey work – dis important for people wey dey use GBL (because of how body convert am) and for anybody wey dey take drugs through vein.
- Cardiovascular check-up: Do ECG if you don take plenty meth or mephedrone. Monitor your blood pressure.

Regular seksual helf test dey important while you dey recover: at list every 3 monfs for di first year. If you dey get seks, you go need to do am more often. Dis test no be say you don do anytin wrong; na just how you take your health serious.

5.2 — Di Trap of Chemical Intimacy.

THE CENTURION - Dis book dey call am "A Gap in Learning".

Dis book talk about di "chemical intimacy trap" like dis: 'For many pipol wey dey try recover, di first time dem get sexual experience without drink no be say dem dey go back to how things bin be. E be dia first time. Every intimate moment, from one drink to anoda, na chemistry dey mediate am. Di body never learn how to cope with di openness of true connection – di exposure, di uncertainty, di strong feelings wey come when nothing dey protect di two people wey dey connect wit each other. Dis no be bad thing. Na just say dem don miss sometin'.

For people wey dey recover from chemsex, dis problem dey often serious pass any oda kain substance recovery. Di drugs no just dey present during seks; dem be di tins wey make seks happen. Di body no learn how to enjoy seks without drugs because chances of enjoying seks without drugs nearly never exist.

Wat dis mean for di process of getting betta: Di first time wey person dey get s*x afta using drugs na something brand new. E no be like say e don go back to howe dem dey do things before drug use. For many people wey dey try get betta, no dey get any way of doing things sexually before di drugs start — di habit of using drugs for s*x don start since when dem dey still small and dey learn about s*x.

5.3 — The Flatline

THE CENTURION – Dis season dey feel like permanent loss, but e no be so.

Dis book talk about "flatline": 'For many people, early recovery bring silence where desire used to be. No excitement. No interest. No attraction to any kind of intimacy.' For people wey dey recover from chemsex, flatline dey happen almost every time — because di dopamine and serotonin systems wey flood to make person get strong sexual feelings don finish, and di brain don temporarily stop di parts wey dey control sexual arousal, which don been overused for a long time.

Flatline experience.	Wat dey happen?	Wat to du.
No seksual desir - no any feelin wey make you want seks, or no interest for am at all.	Dopamin na serotonin system don dey empty; di part wey control enjoyment dey adjust, so e no go react strong again to tins wey dey give artificial high; di brain dey try regain di ability to feel joy from normal tings, but dis don lost because of years of using drugs.	No dey panic, no do test, no force yourself. Dis na just one season, e no be final judgement. Take care of your body – sleep well, exercise, eat good food, and connect with people – dis na di foundation wey go help you recover. Di bad times go end. How long e go take? For people wey dey use meth or do chemsex as dia main tin, e fit be 1-3 months. But for people wey get patterns of using MDMA often, e fit take 3-6 months or more.
Wen you sober, sex fit dey feel like say e no get joy, just like machine work, or maybe you no fit enjoy am at all.	Di nervus sistem don learn say seksual excitement na like dey on drugs. But di feeling of being high no dey. Di part wey dey control seksual excitement still dey look for wetin e dey expect to make am work. Di normal way wey body fit get seksual excitement dey, but e no familiar again.	First, try small things wey no involve sex (like touch, massage, or holding). Dis one no need any special skills. Gradually bring back feelings dat dey make you feel good, but no put pressure on yourself to do anything sexual. Sometimes, shame fit dey hide for dis area, so maybe you go need help from a therapist.
Trying to check if di function don return sometin.	De book wey dey talk say: "Watch pornografi to see if your body still dey react, or dey check consistently to see if you go feel sometin. Dis one go bring worry into di process of healing, because healing need rest. Every time you do dis test, e dey delay di recovery."	Stop di testin'. Di testin na di problem, no bi di proof say dey get problem. Di worry wey di testin dey cause na im dey prevent natural arousal from komot. Di book don talk: 'Observe without tryin to force anything.' Signs say desire dey return no need make you do anytin about am immediately.

5.4 — Rebuildin Soba Sekshuality.

THE CENTURION – Learn Wet Dem No Teach You – Kontact Witout Buffer.

Dis book talk say: "Genuine physical contact wey dey before, wey involve chemistry, now need to learn again from scratch. Di skills for sober intimacy – like dey present with your body, accept di feeling of being seen, and stay even when di feeling strong – don disappear. Recovery no be return; na new beginning."

Di praktikal plan wey dey help people rebuild dia sexual life afta dem don recover from chemsex.

- Months 1–3 (dis period wey dey like flatline): no put pressure on yourself to do any sexual tins. Focus on non-sexual physical closeness — touch, warmth, and just being near people wey you trust. Your nervous system dey learn again say bodies fit dey close to each other without need for drugs or chemicals. Dis na real brain learning, e no be just something wey therapists tell you to do.
- Month 3 and beyond (wen di desire don start to kam back): begin wit low-intensity, low-risk intimate experiences. No be di multiple-partner, multi-day marathon wey chemsex dey provide — dat one na something for later, if e remain part of your sexual identity, but build am on a sober foundation. Start wit wetin your nervous system fit handle without shut down.
- Sexual shame: For many people wey dey recover from chemsex, especially those wey use drugs to feel free to get sexual experiences wey dem no fit get when dem sober, when dem start to dey sober again, di shame go return. Dis one no mean say di desire for sex bad. Na just dat di shame don dey before dem start chemsex, and e need own treatment. Therapy wey support LGBTQ+ na di right place for dis kind work.
- HIV status and sexual identity: If you don get HIV, whether you just find out or you don dey with am for long time, di work wey go help you recover sexually na to process how you feel about di diagnosis, plus understand wetin U=U mean. If your virus no dey show, you no fit transmitt am. Dis one change everything about sex — for many people, e remove di fear wey dey make dem do risky tins instead of tell people true-true.
- Monogami, non-monogami, and seksual komyuniti: chemsex ofen dey happen for spesifik sosyal-seksual komyuniti (apps, places, social networks). Recovery no need monogami, nor di stopping of specific seksual activities. E need say person get sober relationship wit any seksual komyuniti and practices wey dey true to am. Sober queer komyuniti, sober seksual komyuniti, and recovery spaces wey dey openly support LGBTQ+ dey exist, and you fit find dem.

Seksiyon 6 — HIV and Health Management for di people wey dey recover.

THE CENTURION — Protocol 42 don apply — Dis na firewall wey dey protect pesin wey dey recover from chemsex.

Dis book dey tok about Protocol 42, wey get all di information we need for HIV prevention and how to manage am. Dis part here dey explain wetin e mean for people wey dey recover from chemsex.

6.1 — If You Don Test Say You No Get HIV

- PrEP (Pre-Exposure Prophylaxis): If you no dey take PrEP and you don dey participate for chemsex, start to take PrEP before any other sexual activity. Dem call am 'the Pre-Execution Firewall' for di book. Truvada and Descovy (dey be drugs wey you swallow every day) and Apretude (na injection, every 2 months) all go protect you from HIV pass 99% if you dey take dem well-well. You fit get am through your doctor, sexual health clinic, or HIV service.
- PEP (Post-Exposure Prophylaxis): If you don get contact wit HIV for chemsex, start PEP within 72 hours. Na 28 days wey you go take am. The faster you start, the better e go work. Ask for am for any emergency room or sexual health clinic.
- Regular HIV test: every 3 months if you dey get s*x. Di fourth generation test fit detect HIV as early as 18-45 days afta contact. Di "waiting time" for old test no be di same as di "waiting time" for new test.
- Hepatitis C monitoring: if you dey use drug for vein (IV drug use) and e be part of how you dey do chemsex, dem go test you for hepatitis C every 3 months. Hepatitis C fit cure. Direct-acting antivirals don cure people for 8–12 weeks, for most cases. To test yourself and get treatment no hard. But to get am and no know say you get am na problem.

6.2 — If You Don Test Positive for HIV.

Dis compendium dey talk say: "Person wey get HIV but dia virus don low well-well no fit transmitt am. Virus dey, but e bin lock up and no fit spread." U=U no be strategy to reduce risk. Na scientific fact wey dem find out for PARTNER and PARTNER2 studies, wey cover thousands of couples wey different people infect over many years.

- If you just find out say you get HIV: contact one HIV specialist or go to HIV clinic as quick as possible. Dem dey advice make you start treatment early, when di infection still fresh. For many pipol, di treatment na only one pill wey dem take every day. Most pipol wey dey on treatment dey live normal lifespans.

- If you don dey treat for HIV and don get diaagnosis, make sure say di virus wey dey your body no dey again (undetectable) before you start dey do s*x without using extra protection. If di virus still dey strong for your body, na serious medical matter. Talk to your doctor about why di virus no dey go away.
- Chemsex and taking medicine for HIV: Chemsex fit disrupt how you dey take di medicine wey dey fight HIV well-well. If you miss dose of di medicine — even just small time — di virus fit come back again. If chemsex don dey cause problem with how you dey take your HIV medicine, dis na something to talk wit your doctor about. You fit ask about long-acting injectable ARTs (like Cabenuva), wey you go take every month or two months, so dat you no need worry about taking di pill everyday.
- Mental health and HIV: Di problem of HIV diagnosis, especially for people wey dey recover from chemsex, na heavy burden – shame, sorrow, fear. Dis need support. Mental health care wey dey accept LGBTQ+ people na di correct place to get am. Many people wey don get HIV don talk say treatment and U=U change how dem see dia condition. Dem no see am as something bad again, but as something wey dey possible to manage. Dis change real and e dey available.

Section 7 — Di Craving Wey Dey For Chemsex — Understand Am and Stop Am.

THE CENTURION - Di craving na for di whole state, no be for any single drug.

Chemsex cravings dey different from cravings for only one drug because di tin wey person dey crave no be di drug itself — na di experience. Di craving no dey fire for meth specifically, or GHB specifically, or mephedrone specifically, but for di whole chemsex state: di sexual intensity, di feeling of freedom, di emotional closeness, di sense of belonging, di night (or days) wey pass outside ordinary time.

Dis mean say di craving for chemsex get many tins wey dey cause am, unlike cravings for only one substance. E fit start just because of sexual feelings (sexual cue = chemsex cue). E fit also start because of loneliness (di need to belong). E fit be because of a specific app or platform. E fit happen at a particular time of di week. E fit be because of stress (di need to escape). E fit be because of a certain group of people. E fit even be because you dey remember some people.

Chemsex-specific cravings fit dey triggered by many tins, like:

* **Seeing or tink about drugs wey you use for chemsex.**
* **Being for places wey you don do chemsex before.**
* **Tinking about people wey you don do chemsex wit.**
* **Feeling stressed, lonely, or bored.**
* **Seein money or opotunity to get drug.**

Dis cravings fit make am hard to stop using drugs, but na important say you know wetin dey trigger dem so dat you go fit avoid dem or find betta ways to cope. If you dey struggle wit chemsex cravings, seek medical help is not failure. You fit talk to doctor, therapist, or join support group. You no dey alone. Call one person wey you trust — your friend or family.

TRIGGER	Wat di krayving dey seek.	Okay, I understand. From now on, I will only provide the translated text in Nigerian Pidgin, following all the specified rules and guidelines.

Seksual arousal — any source	Brain wey learn say "sexual arousal" na same as "chemsex" go start di "chemsex anticipation circuit" whenever person dey feel sexual arousal. Di desire na for di full experience wey sexual arousal don link wit before.	Di sexual excitement dey real. Di reaction wey come from using drugs for sex na something wey body don learn, but e no necessary. Exercise fit stop am. Talk to person wey dey help you recover. Dis excitement go disappear without needin to use drugs. If you no feel dis again, maybe di tin wey cause am don dey gone – but when e return, di ways to stop am go be important.
Apps and digital platforms.	Grindr, BBRT, and oda apps na wetin dey give people di chance to join chemsex sessions. Di app self na one big ting wey fit remind person of someting – di way e look, di pictures, di expectation, all dis things go make person want do chemsex.	Di apps must dey delete completely for at least ninety days. Dis no be say you don fail; na just say you dey change di environment wey you dey (Protocol 05) to make you well. If you go use dating apps again, make sure say e no be same time as when you dey recover from chemsex.
Friday/Saturday evenin (time wey di seshon dey happen).	Brain wey don train to dey expect chemsex for sure time every week, e go still produce di feeling wey make person want am at dat same time, even months afta person don stop.	Plan every Friday and Saturday for di first six months of your recovery wit strong activities wey go keep you busy. Make sure say you don plan wetin to do before cravings start. No just dey wait for weekend without any plan, and no rely on your own strength alone.
Loneliness and social isolation.	Di sense of belongin and connection wey chemsex dey give na one of di tori wey make am attractive. Loneliness fit cause person to want di kind experience wey go end am.	Contact anybody. Di chemsex komunity give pipul sense of belonging thru one way — di recovery komunity dey do am thru anoda way. LGBTQ+-affirming recovery places, twelve-step groups wey dey specifically for dis people (Crystal Meth Anonymous, SMART Recovery), or any sober community wey no require dat you go leave your sexual identity.
Stresh from work, rejekshon, or emotional pains.	Chemsex get one "escape" function – di way e dey provide another world when person dey face serious stress. So, any pain wey person feel fit make am want dat escape again.	Protocol 01 (Shelta) for akuta distres. Di bretwerk praktis. Teraputik kontakt. Di important difference na: dey deal wit distres, no just try to run away from am. Di contemplative praktises wey build tolerance

		for hard feelings na di long-term solution for dis problem.
Pipo wey dey participate for chemsex.	Sertain pipo wey dey for di chemsex world na complex triggers – dem fit aktivate everyting. Kontact wit dem, see dem for social media, or even just pass dem for town fit cause strong cravings suddenly.	Social media blocks and mute functions na good ways to protect yourself, no be bad thing. Protocol 08 (social architecture) dey talk about how to change your social life completely because of chemsex recovery. Some relationships wey you get from di chemsex world fit last for a long time if you sober, but most of dem no go work well during early recovery because e go cause strong cravings.

CHEMSEX CRAVING INTERRUPT - 5 MINUTES PROTOCOL.

1. Wetin be di complete tin wey di craving dey seek? No be just "I want use." Wetin specific experience di craving dey try find? Na di sexual feeling? Di sense of belonging? Escape? Emotional closeness? If you sabi wetin di craving dey look for, e go change how you react. Instead of say "resist di drug," you fit find anoda way to get dat same thing.
2. Komot from where you dey. If you dey for dating app ot queue, komot now-now. If you don dey house alone for Friday night, go another place. Change your physical and online environment; dis na di first thing to do.
3. EXECUTE 4-7-8 BREATHING – SIX CYCLES. Di cravings wey dey for chemsex get many tins dey happen inside brain at di same time. Do six cycles, no four, so dat your body go relax well-well.
4. TAKE NAC, L-THEANINE, AND MAGNESIUM. Di neurokemikal tins wey dey cause di strong desire get biochemikal aspect wey fit solve now. Dis na three supplement wey dey important pass to help with di problem of strong desires for many parts of your body.
5. CONTACT — WEY CONCERN RECOVERY COMMUNITY SPECIFICALLY. No be for social contact wey no sabi your recovery. Must be person wey understand about recovery from chemsex. Crystal Meth Anonymous, one sexual health worker, one recovery worker wey sabi dis community, or therapist wey sabi about chemsex.
6. Dis ting go give you strong joy wey natural. E get di same level of power as chemsex. Try hard exercise, enter cold water, do sometin creative, or compete wit somebody. Di brain wey dey crave for tins like dat need strong answer, no small-small one.
7. Wat bin cause am? Wetin e dey try achieve? Wetin you do? How di strength of di craving change? After three weeks, dis information go show you di spesifik way your cravings work – di patterns, di things wey dey trigger dem, and wetin dem dey try to do – for a way wey no body outside fit explain.

Section 8 — Komunity, Identiti, and di Way We Fit Belong Togeda When We Dey Sabi.

THE CENTURION – Recoveri no dey suppose mek you komot from your community; e must build better life for you inside am.

Di mos important tings we need to tink about when dey try to help people wey dey recover from chemsex na dis: di place wey dem dey use chemsex don give dem genuine community, genuine sense of belonging, chance to express dia sexual identity, and genuine friendship, all together with di drugs. If you remove di drugs but no address di way di community dey work, e go cause isolation — and isolation na di place where relapse dey start easily.

Recovery from chemsex no dey mean say you must leave di gay, bisexual, or queer community. E no mean say you must stop get sex. E no mean say you must forget your identity or wetin you dey like to do sexually before dis chemsex tin start. Wetin e require na say you build one new way for di community wey go give you di same tins wey chemsex dey give – belonging, connection, sexual expression, and di freedom to be yourself – but without use substances.

Building Sober LGBTQ+ Community.

- Crystal Meth Anonymous (CMA): Dis group dey for people wey be LGBTQ+ and don use methamphetamine. Dem get groups for big cities. Di way dem take use drug, wey na "chemsex", make dem understand each other better pass people wey dey recover from drug for general groups.
- SMART Recovery wey be for LGBTQ+ pipul: na one secular option wey dey different from twelve-step program, and di number of meetings wey dey specifically for LGBTQ+ pipul don dey increase.
- Chemsex-specific support services: For UK, many sexual health and HIV organizations dey offer special support for people wey dey do chemsex. For US, organizations like San Francisco AIDS Foundation, CALLEN-LORDE Community Health Center (New York), and plenty HIV care organizations dey offer counseling about chemsex. Di therapist wey sabi about chemsex na di most important person wey go help you recover.
- Sober places for LGBTQ+ people: sober bars, events wey dey happen during Pride, LGBTQ+ sports leagues, community organizations, and chances to volunteer. Di social life of di community no need drugs or alcohol to exist – but di sober version need careful planning because e no dey as obvious like di ones wey involve substances.
- Di komunity wey dey help people recover as one social system: many pipol wey dey try to stop chemsex find di true komunity dem for oda pipol wey understand bot di specific tins wey happen when you dey do chemsex, and also di specific tins wey dey happen when you dey try to get betta. Di knowledge wey dem share – about how di drugs dey feel, how much dem cost, and how e be to build your life again – create one kind closeness wey

no fit dey for di group of pipol wey still dey do am, or even for general places wey people dey try to recover.

Di Identity Kweshon.

THE CENTURION – Wetin You Be No Bih Wetin You Dey Do.

Chemsex recovery ofen involve wetin dey cause confusion about yourself: "If I no be di person wey dey go chemsex parties, who be me for seks?" For people wey entire adult life don pass inside chemsex, stopping chemsex no bring back old sexual identity — e need new one.

Di compendium dey say: recovery no mean say you lose who you be. Your sexual identity—gay, bi, queer, or any oda one—no be di same tin as chemsex. Belonging to komunity no mean say na because of drugs. Di creativity, di energy, di desire for strong feelings wey make person like chemsex—dis things no dey inside di drugs. Dem na qualities wey you get before you start use drugs, and dem still dey available so dat you fit use dem for oda tins, not just for taking drugs.

Di process of getting betta na how you build your identity, both as person wey dey relate to people and as sexual being, wey no need drugs or substances. Dis process fit take years. E no be say you dey try change who you be. Na you dey discover who you really be, without di influence of anytin else.

Section 9 — How to Use di Recovery Kernel: Your Guide.

Chemsex recovery na di tori wey get pass protocols for dis series. Di information about each drug go give you details. Dis map dey coordinate dem.

Fez.	Protocols.	Focus on di things wey dey important.	Chemsex-specific notes
Medical Emergency (Days 0–7)	GHB guide (Seksiyon 3); Medical provider; Seksual helf klinik.	GHB withdrawal management; test for HIV/STI; PEP if dey necessary; start PrEP.	Di first 72 awas dey depend on how dem go manage di withdrawal symptoms wey GHB cause. Everyting else follow afta, once di serious medical problem don settle. HIV/STI checkup for di first week na something wey you must do.
Biological Foundation (Days 1–14)	Protocol 07, 09, 17, 18; Unified supplement stack (Section 4).	Tiri-track suplement regime; nutrition; hydration; sleep; magnesium, Day 1.	NAC and magnesium go start for Day 1 – we dey address all tiri tracks at di same time. Tyrosine go start from Day 3 to Day 5. 5-HTP go start on Day 1 (evening). Di combination of drugs for all tiri tracks go don ready within two weeks.
Digital and Environmental Redesign (Days 1-30).	Protocol 05, Protocol 08	Delete apps; restrukturaytion of social networks; remove cues; manage contacts wey you dey use for chemsex.	Di apps dey must komot witin di first 24 awas. No be later. Di way wey dem organize chemsex sessions na mainly through online platforms — so, any plan to change tins need to include di internet too. Dis one na di hardest behavioral change for many people wey dey try recover from chemsex.
Genomik Mappin (Wiks 1-4)	Section 15 (Compendium), Section 2 of dis guide.	COMT, GABRA2, MTHFR, DRD2, SLC6A4, CYP2B6	GABRA2 high-risk na di mos important tin wey medical team need know for how to manage GHB. COMT Val/Val tell us how strong di treatment go be. MTHFR status show say 5-MTHF dey very important. SLC6A4 short/short show say person get problem with serotonin, so e need plenty help against mephedrone.
Seksual Helth and HIV Management (Dey Go On).	Protocol 42 (HIV prevention); Seksiyon 5 na 6 we dis	PrEP or ART adherence; test for STIs every three months; rebuild your sexual life	Di seksual helf program dey run for entia di time wey person dey recover — no be just small time tings, but as something wey go last forever. Testing for STI every three

	gid; Klinik wey dey specialize for sexual health.	without drugs; learn how to deal with difficult situations.	months, continue to take PrEP or ART as prescribed, and gradually learn how to enjoy seks without drugs na tins wey you go do all your life, no be only when you don start to recover.
Community Architecture (Wiks 2-12)	Protocol 04, Protocol 08, Protocol 16; CMA or ekivalen.	LGBTQ+ komunity wey dey sober; suport wey sabi about chemsex; relationship wey involve therapy.	Komunity wey chemsex dey provide need to change – no be wit another bad komunity or one wey people no dey do s*x, but wit one wey go bring people togetha without drugs. Dis na di mos important tings wey go happen for some time during chemsex recovery, and e get big say make pipol fit stay sober and succeed long-long.
Seksual Identiti Wok (Months 2–12).	Protocol 20, 21, 35S series; terapia wey dey support LGBTQ+.	Konstrukshon of sexual identity; prosesing of shame; developmen of sober sexuality; di "flatline" and how to solve am.	Di specialist Protocol 35S series wey dey inside Volume VII of di main Compendium, e get di full details wey we go use do dis work. One therapist wey sabi about LGBTQ+ issues and don deal wit people wey dey do chemsex na im be di best person to help for dis stage.
Long Game (Months 6+).	Protocol 24, 25, C-28, C-31; Protocol 35S.d	Di arkitecture wey dey make di "Warrior" strong; wetin e dey do; how to get complete control of your body, your sex life, and how you relate wit people.	Di pesin wey don rebuild dia life afta chemsex – wit genuine community, sober sexual capacity, di kind strong structure wey dem brain need, HIV dey under control, and full biological recovery – na totally different pesin from di one wey start dis series for page one. Dis book don write partly for dis kain pesin.

A last word.

THE CENTURION – Di komunity, di connection, and di strength – dem real. Di way to get am no need drugs.

Dis book dey dedicated to J.P., A.C., J.S., G.F., and C.O. – dem wey no get time before anybody tell dem say wetin make dem use drug na because of dia body, not because dem weak. For people wey dey recover from chemsex, dis dedication get important meaning: di epidemic wey affect LGBTQ+ communities for 1980s and 1990s kause big trauma for di community, and dat trauma still dey affect pipo today. Di drugs wey dey used for sexual activities for those communities no just come like dat. Dem kam because of pain, shame, bad reputation, and sometimes, trauma fit make people do things wey dem nor expect.

Recovery Kernel no dey ask you make you tank God say you don survive, or make you downplay wetin di drugs dey give you. Dem dey provide real tins — komotini, connection, sense of belonging, sexual freedom, strong feelings, di feeling say you dey alive and people want you for a world wey don tell your community say dem no good and dat dem no matter.

Wat Recovery Kernel dey offer na di possibility say all those good tins fit dey available without di substances. Say belonging fit dey for people wey no dey take anything. Say connection fit dey for genuine relationship. Say di strong feelings fit dey, based on how you dey naturally, instead of dependin on drugs. Say sexual freedom fit dey – more complete, more safe, and last longer – for people wey dey sober and live dia life based on who dem be, not on wetin di drugs give dem temporary.

Chemsex na one kind system wey dey build. Na one way dem design drug to make person feel some tin. Recovery na wetin go help you build anoda system for di same ting, but for a better way — one wey no go finish di dopamine wey dey your body, endanger di GABA system, or put your body for risk.

Dis book dem build am by one architect. Dem dey give am to you as engineering plans. Di building na your own to build.

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Crystal Meth Anonymous (CMA): crystalmeth.org | SAMHSA: 1-800-662-4357
Never Use Alone: 1-800-484-3731 | RAINN: 1-800-656-4673 | LGBTQ+ Crisis: The Trevor Project: 1-866-488-7386

Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357

Refer to di Recovery Kernel Complete Centurion Compendium for all protocols wey dey inside.

⚠ **Dis na harm reduction resource, no be medical advice.**

How to recover from chemsex using di Recovery Kernel | Dis na part of substance-specific navigation series.